

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Westwood Store, Southern Pacific Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Items on this list contain 3g of fat or fewer per serving. Check out our website for more information about low fat foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

Baked Goods

French Meadow Bakery

Wheat & Grain Tortilla

Baking Needs

Arrowhead Mills

Buttermilk Pancake and Waffle Mix
Multigrain Pancake Mix
Spelt Organic Flour

Beverages

365 Every Day Value™

Black Cherry Soda
Cherry Vanilla Creme Soda
Cola
Ginger Ale

Beverages (Cont'd)

365 Every Day Value™

Italian Lemon Sparkling Water
Italian Sparkling Orange/Lime/Pink Grapefruit Water
Italian Strawberry Sparkling Water
Key Lime Soda
Orange Creme Soda
Root Beer Soda

Ceres Fruit Juices

Guava Juice
Papaya Juice

Looza Fruit Juices

Mango Nectar Juice
Pear Nectar Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Food For Life

7 Grain English Muffins

Bran Bread

Brown Rice Bread, Wheat & Gluten Free

Cinnamon Raisin Bread

Millet Bread, Wheat & Gluten Free

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Raisin Pecan Bread, Wheat & Gluten Free

Rice Almond Bread, Wheat & Gluten Free

Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

French Meadow Bakery

European Sourdough Rye Bread

Nature's Path

Carrot Raisin Bread

Pacific Bakery

Kamut Bread

Canned Goods

Eden Foods

Black Beans

Navy Beans

Pinto Beans

Pomi

Strained Tomatoes

Santa Cruz Organic

Organic Apricot Applesauce

Canned/Jarred Goods

365 Every Day Value™

Green Ripe Pitted Olives

Jumbo Ripe Olives, Pitted

Large Ripe Olives, Pitted

Medium Ripe Olives, Pitted

Sliced Olives

Solid White Albacore Tuna

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

365 Organic Every Day Value™

Black Beans

Pinto Beans

Cereal

365 Organic Every Day Value™

High Fiber Cereal

Barbara's Bakery

Honey Rice Puffins Cereal

Erewhon

Maple Oatmeal

Health Valley

Corn Crunch 'Ems

Cranberry Crunch Cereal

Fiber 7 Flakes

Oat Bran Flakes Cereal

Oat Bran with Raisin Flakes

Organic Blue Corn Flakes

Kashi

Cinna-Raisin Crunch Cereal

Mothers

Cocoa Bumpers Cereal

Nature's Path

Shredded Oaty Bites Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Guiltless Gourmet - Baked Nacho Chips

Tortilla Chips

Newman's Own Organic

Organic Round Salted Pretzels

Organic Thin Salted Pretzels

Condiments

Frenchs

Yellow Mustard

Grey Poupon

Dijon Mustard

Organicville

Organic Ketchup

Sierra Nevada

Pale Ale Honey Mustard

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars
Blueberry Cereal Bars
Mixed Berry Cereal Bars
Strawberry Cereal Bars

365 Organic Every Day Value™

Fig Bar Cookies

Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

Health Valley

Amaranth Graham Crackers
Apple Cobbler Cereal Bars
Fat Free Blueberry Cereal Bars
Oat Bran Graham Crackers
Peanut Crunch Granola Bar

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
S'moreables Graham Style Crackers

Newman's Own Organic

Alphabet Chocolate Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Edward & Sons

Brown Rice Snaps, Unsalted Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Toasted Onion

Crackers (Cont'd)

Edward & Sons

Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Kashi

Honey Sesame Crackers
Original Crackers

Venus

Basil Pepper Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Friendship

No Salt Cottage Cheese
Whipped Cottage Cheese

Horizon

Organic Low Fat Sour Cream

Lactaid

Non Fat Lactaid Milk

Lifeway

Low Fat Blueberry Kefir
Low Fat Peach Kefir
Low Fat Raspberry Kefir
Low Fat Strawberry Kefir

Organic Valley

Organic 1% Low Fat Milk
Organic Skim Milk

Stonyfield Farm

Organic Fat Free Black Cherry Yogurt, Fruit on the Bottom, 6 oz
Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz
Organic Fat Free Lotsa Lemon Yogurt, 6 oz
Organic Low Fat Blueberry Yogurt, 6 oz
Organic Low Fat Caramel Yogurt
Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Plain Yogurt, 32 oz
Organic Low Fat Plain Yogurt, 6 oz
Organic Low Fat Raspberry Yogurt, 6 oz

Dairy (Cont'd)

Stonyfield Farm

- Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz
- Organic Low Fat Vanilla Yogurt
- Organic Peach Yogurt Smoothie, 10 oz
- Organic Strawberry Yogurt Smoothie, 10 oz

White Wave

- Black Cherry Soy Yogurt
- Peach Soy Yogurt
- Soy Strawberry Yogurt
- Vanilla Soy Yogurt

Whole Soy

- Vanilla Soy Yogurt

Dairy Alternatives

Pacific Foods

- Original Almond Milk Beverage

White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

Desserts

365 Every Day Value™

- Hibiscus Sorbet
- Passionfruit Sorbet
- Tangerine Sorbet

Ciao Bella

- Chocolate Sorbetto

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

- Spaghetti Bolognese

Ethnic Foods

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

Organicville

- Organic Sesame Teriyaki

Frozen Foods

365 Every Day Value™

- Berry Medley
- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries
- Frozen Sliced Peaches
- Frozen Whole Blueberries
- Hibiscus Sorbet
- Passionfruit Sorbet
- Tangerine Sorbet

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Spaghetti Bolognese

Ciao Bella

- Chocolate Sorbetto

Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet
- Strawberry Sorbet

Frozen Foods (Cont'd)

Health Is Wealth

- Broccoli Tofu Munchees
- Jalapeno Munchees
- Meatless Buffalo Wings
- Spring Rolls

Ians

- Sweet Potato French Fries

Stonyfield Farm

- Fat Free Decaf French Roast Frozen Yogurt
- Fat Free Mint Chocolate Chip Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

- Beef Jerky, Peppered
- Beef Jerky, Teriyaki

Health Is Wealth

- Chicken Tenders

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

DeBoles Foods

- Fettucine Spinach Pasta

Dececco Pasta

- Rigate Penne Pasta
- Whole Wheat Linguini Pasta

Tinkyada

- Brown Rice Fettucini
- Brown Rice Fusilli
- Organic Brown Rice Elbow
- Organic Brown Rice Spirals
- Vegetable Brown Rice Spirals

Vita-Spelt

- Vita Spelt Angel Hair Pasta
- Vita Spelt Organic White Spaghetti

Pasta Sauce

Muir Glen

- Organic Fat Free Italian Pasta Sauce
- Organic Fat Free Tomato Basil Pasta Sauce

Walnut Acres

- Low Sodium Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

- Organic Mild Salsa
- Organic Sesame Teriyaki

Soups

Health Valley

- Corn & Vegetable Soup- Fat Free
- Fat Free Vegetable Barley Soup
- Minestrone Soup- Fat Free
- Organic Potato & Leek Soup
- Organic Split Pea Soup
- Organic Vegetable Soup

Spices and Seasonings

365 Every Day Value™

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning